Turkey and Noodles

Turkey and noodles is another way to extend a holiday feast. Or use packaged and frozen leftovers at a later date. A spaghetti like dish can be made with turkey and noodles. Go lighter on the spices and allow the turkey flavor to shine through. For the gluten free version, the best noodles are the spirals, or similar sized and shaped noodles. Vary the taste and texture by adding cream of mushroom soup with peas and carrots. A simple meal that can be prepared and carried in hot food containers while traveling. Best next day, after marinating in the juices.

Pre Cook Preparation:

- Marinate: No
- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat
- D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Cut meat to bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Cream of Mushroom Soup (gluten)
- Mushrooms
- Onions
- Noodles (gluten)
- Pepper
- Potatoes
- Spices
- Turkey

Meatless Preparation Avoid:
Butter
Turkey
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: 1 quart pan

Ingredients:

Meat:
2 cups of turkey

Vegetables:
15 ounces of carrots
15 ounces of peas

Other ingredients:
Mushroom soup (gluten free)
2 boxes of noodles (gluten free)
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
Pasta:
1. Boil water in the 8 quart pan.
2. Break pasta into the boiling water.
3. Stir every few minutes.
4. Allow to return to boil until noodles are soft.
5. Drain noodles.

Meat:

1. **Chop 2 cups of turkey.**
2. **Cook turkey and gluten free mushroom soup in a 3 quart pan.**
3. **Stir every 5 minutes.**

Vegetables:

1. **Cook peas and carrots in a 3 quart pan.**
2. **Stir every 36 minutes.**

Combine:

1. **Place noodles on plate.**
2. **Spoon peas and carrots onto the noodles.**
3. **Spoon turkey and mushroom soup on top.**

Cook Temperature: Medium to low

Cook Time: 30 to 45 minutes

Servings: 3 to 4

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.